

Silly Sounds

Making silly sounds is fun and can also help your child's language development. Try using your voice and face in different ways. You can even encourage your child to look in the mirror to see what their face looks like when they are making the sounds. See if your child can copy the sounds that you make and then you copy theirs too.

Talk about what your mouths and faces are doing to make the sounds. You can then start making the sounds at the start of words to help your child to hear initial sounds

Speaking/ Listening and Attention

Take the lead...

Model instructions to your child, this may be one or more things that you're asking them to do. Then ask them to give you the instructions. You can turn this into a game taking turns to give and follow instructions. You can extend this by giving a sequence of instructions and asking them to do the same.

Speaking/ Understanding

Setting some boundaries...

Coming up with some clear boundaries together with your child can help them to manage their own feelings and behaviour. Talk about the different places where having a rule may be useful for example if something isn't working or may get broken. Ask how you can solve the problem together and then talk about ideas of what the rule or boundary should be. You could draw a picture or write this and put it up and then you can refer to it when you need to.

Managing Feelings & Behaviour

A proud place...

Explain that you are going to create a special place to display things that your child makes/ draws/ paints that they want to show off and are proud of. Let them choose a place with you that is at child height so they can access it and then work out together the best way to stick things up with tape or blue tac for example on a string with pegs. They may like to label it to show people where it is. Model putting things on there and talk about being proud and showing off the things they've made. This values their creations and supports positive self-esteem. When the area is full your child can then make decisions about which ones to replace and why.

Self Confidence & Self Awareness

Why not try some of the learning tasks for this week... *to support the following areas of Early Years Learning*

Personal, Social and Emotional Development

Communication and Language

Physical Development

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Play time!

Playing involves so many different skills, communicating, socialising, experimenting, exploring, pretending and creating. They are exploring boundaries and practising sharing and turn taking too. Join with your child's play and let them lead.

Watch and listen and make suggestions of things they could do, but let them choose. You can model new skills or ideas and talk about what they are doing or how something makes you feel as well.

Making Relationships

Making meals

Sometimes if children to make a meal with you it will encourage them to eat it. Ask your child to make choices about what they want to eat and discuss healthy choices. Why we need a balance of different foods and why fruit and vegetables are good for us. Support them to safely use real kitchen tools and model to them how to do different tasks like chopping, spreading, stirring and rolling. Give them time to practise these fine motor skills. You can also talk about meals that need to be cooked in the oven or put in the fridge or freezer and discuss temperature and safety. Don't forget...they can also help you with the washing up!

Moving & Handling/ Health & Self Care

